

October 2020						
◀ Sep 2020						Nov 2020 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Thursday Zoom Meeting ID 993-3427-2950</b> <b>Depression and Anxiety Group</b>	<b>Reservations required for Meals.</b>  <b>Please call 920-818-0525</b> <b>Or send a message to JAK's Place Facebook page.</b>		<b>1</b> 2:10-3 Tai Chi 3:00-3:30 Meditation 3:30-4:00 Journaling Poets 4-5 Women's Support Group 6-7pm Depression and Anxiety Support Group	<b>2</b> Noon-2pm Causal Men's Coffee Group	<b>3</b>
<b>4</b>	<b>5</b> 2pm Online Support Group  4:30-6PM Recovery in the Community	<b>6</b> 2:30-3:30pm Art Group 5-6pm Dinner Drive-Thur JAK's Place	<b>7</b> 1:30-3:00 Games  5-6PM Music Group	<b>8</b> 2:10-3 Tai Chi 3:00-3:30 Meditation 3:30-4:00 Journaling Poets 4-5 Women's Support Group 6-7pm Depression and Anxiety Support Group	<b>9</b> Noon-2pm Causal Men's Coffee Group	<b>10</b>
<b>11</b>	<b>12</b> 2pm Online Support Group  4:30-6PM Recovery in the Community	<b>13</b> 2:30-3:30pm Art Group 5-6pm Dinner Drive-Thur JAK's Place	<b>14</b> 1:30-3:00 Games	<b>15</b> 2:10-3 Tai Chi 3:00-3:30 Meditation 3:30-4:00 Journaling Poets 4-5 Women's Support Group 6-7pm Depression and Anxiety Support Group	<b>16</b> Noon-2pm Causal Men's Coffee Group	<b>17</b>
<b>18</b>	<b>19</b> 2pm Online Support Group  4:30-6PM Recovery in the Community	<b>20</b> 2:30-3:30pm Art Group 5-6pm Dinner Drive-Thur JAK's Place	<b>21</b> 1:30-3:00 Games  5-6PM Music Group	<b>22</b> 2:10-3 Tai Chi 3:00-3:30 Meditation 3:30-4:00 Journaling Poets 4-5 Women's Support Group 6-7pm Depression and Anxiety Support Group	<b>23</b> Noon-2pm Causal Men's Coffee Group	<b>24</b>
<b>25</b>	<b>26</b> 2pm Online Support Group  4:30-6PM Recovery in the Community	<b>27</b> 2:30-3:30pm Art Group 5-6pm Dinner Drive-Thur JAK's Place	<b>28</b> 1:30-3:00 Games	<b>29</b> 2:10-3 Tai Chi 3:00-3:30 Meditation 3:30-4:00 Journaling Poets 4-5 Women's Support Group 6-7pm Depression and Anxiety Support Group	<b>30</b> Noon-2pm Causal Men's Coffee Group	<b>31</b> Halloween

